

## Newsletter 5 – June 2022

### D-Care Final Transnational Project Meeting in Greece

The D-Care project has ended and the final Transnational Project Meeting was held in Patras (Greece) 21-22 June. Most of the partners were able to attend the meeting in-person, while Age UK and EfVET participated online.



Throughout the meeting, partners discussed and agreed on the last steps prior to the end of the project. An overview of the status of the project was given by AUSER (coordinator of the project) and p-consulting (partner and host of the meeting), by presenting the results and deliverables of the different Intellectual Outputs (IOs).

The status of the dissemination plan as well as the exploitation plan were presented by EfVET. With the collection of all the results and input from other partners, EfVET will elaborate the final Dissemination and Exploitation of the Results reports. Moreover, another relevant aspect highlighted during the meeting was the one regarding the Sustainability Plan, for which partners will provide their contributions to Associazione Omnis for the finalization of the report. All participants also focused on the Final Report of the project.

Age UK provided some ideas for the last newsletter, some information will be available on final Multiplier Events, held in the last days of June.

The Final Transnational Project Meeting of D-Care was a great occasion for partners to meet again and accomplish insightful results.

## Spreading the word – a very important activity for all project partners



Good management of the European funding for the project ensures that it doesn't hide away in a corner – it is essential that all project partners spent time ensuring that other organisations are aware of the project and the deliverables, the Intellectual Outputs, created during the project life span.

And now the project is complete we have to ensure that individuals and organisations know the training is available and it is free.

Dissemination of the results is crucial to the project success. From the beginning of the project, through to the end and ongoing, partners must ensure that similar organizations are aware of the results. This is the reason for Newsletters and Multiplier Events, together with planned meeting of many kinds to pass on the information; this obviously includes social media.

One example: in total, there were more than 1,800 people who visited the D-Care Training website to look at the project details and the training available. Almost 40,000 page visits. Although many people visited the English version, the Greek version was also extremely popular.

Looking at the website analytics, it is interesting to note that most visitors came from the partner countries, as would be expected. However, almost as many people came from the USA as UK, and many from India, Mexico and Germany; so it's not just the language that persuaded them to visit.

There were even some people visiting and returning from Hong Kong, and visitors from Ukraine and Saudi Arabia, 1 or 2 from 85 countries around the world.

All partners have run events; the Spanish event was reported in Newsletter 3 and the UK in Newsletter 4.

All partners have been disseminating the project throughout, even though it was extremely hard to pursue normal activities during coronavirus lockdowns; Zoom (or MS Teams) proved invaluable for communication. The EfVET Annual Conference (normally held in October) is generally attended by about 200 people, mainly from Europe but will include participants from Hong Kong, China, Russia, and Canada. The Round Table held in Berlin (62 attendees) has been previously reported; there was an earlier one held online only, the EfVET conference in 2020 engaged 23 people in the Round Table hosted by p-consulting and Age UK.

## Social isolation linked to lower brain volume and higher dementia risk



Researchers from China and the UK have found that social isolation, but not loneliness, is linked to lower brain volume in regions associated with cognition and higher dementia risk.

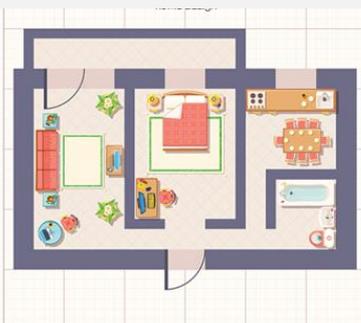
Researchers looked at data from a large cohort of people across the United Kingdom with an average age of 57. These people were followed for nearly 12 years before the COVID-19 pandemic.

The data shows that people who were socially isolated were 26% more likely to develop dementia compared to those who are not.

On the other hand, researchers found that loneliness – the internal feeling of being isolated from others – is not linked to an increased risk of developing dementia.

## Dementia Friendly Home

Visit our website to see a new way to learn about how to make a home dementia friendly. <https://dcare.training/>





Why is it important that you understand these issues? A person living with dementia will see things in a different way, sometimes a frightening way. For example, light on a shiny floor can look like water or even a hole. Keep colours muted and ensure light is bright enough to see clearly.

There are many simple and quick things that can be done inside different rooms to make it easier for the person living with dementia. Try to plan the changes involving the person, asking their opinion.

## Spreading the word in Denmark

The Danish team at SOSU Ostjylland organized a Multiplier Event the 28<sup>th</sup> of June.

The event was successful with 32 participants, mainly from the municipality of Aarhus and the surrounding municipalities. The participants first listened to a lesson on Erasmus+ projects in general and on the results of the D-Care project in particular, followed by a lesson on early onset dementia and the consequences seen in a societal perspective. Furthermore, the participants all tried to use the D-Care e-learning platform themselves. They were very pleased with the online material and found it exiting to browse through it. Many of them expressed that they would like to try it out more, at home or in a professional setting.



## Spreading the word in Italy

On 7-6-2022 at the Circolo Auser in Pontevalleceppi (Perugia) Italy, the multiplier event of the D-Care project took place, which was attended by AUSER volunteers who deal with people with dementia in carrying out their voluntary services, family caregivers, organizations dealing with people with dementia and some students who are on training courses for professional operators.

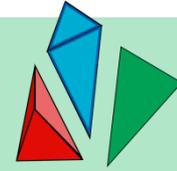
During the event, the activities of D-Care were presented, the project, the partnership and the online tools available, but above all the training course for non-professional Caregivers and Cognitive Stimulation Therapy (CST) was presented. More than 30 people participated in the event and the interest in the activity carried out is evidenced by the fact that they were asked to repeat it in another location.



Speakers were Constantino Kounas, the Project Manager, who outlined the project: introduction, activities carried out, presentation of the results and tools to support those who take care of people with dementia and Manlio Mariotti, who spoke about the training course for non-professional caregivers of people with dementia with particular reference to the use of CST (Cognitive Stimulation Therapy). This was followed by testimonies of course participants.

The event mainly attended by the caregivers of people living with dementia and several organizations working with older people, along with representatives from educational institutions who train staff dealing with people with dementia.

## And the Event in Greece



On 28<sup>th</sup> of June 2022, p-consulting.gr and Koispe “FAROS” organised, with great success, a **Multiplier Event in Patras, Greece**. Speakers to the Multiplier Event were neuropsychiatrists, psychiatrists and psychologists with many years’ of experience in helping people with dementia and their families and also architectures with expertise in Dementia Friendly Homes.

The objectives of the Multiplier Event in Greece were to bring together local and regional authorities and agents for dementia, so as to discuss issues and matters which people with dementia and their caregivers are facing, to promote and disseminate the project’s results to the general public, direct target groups, representatives of municipal and regional authorities, stakeholders’ bodies and entities and policy makers and to encourage all the above-mentioned stakeholders to take-up of the project’s results with relevant sector actors.

The attendees’ number surpassed all expectations, as more than 50 people participated to the event, and there was high interest in the project’s results and to the dates these results will be openly available to all interested individuals.





And that's the end of the project – please tell colleagues and other organisations about the free training that is available



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## Partners

